

Among Friends



Fond du Lac Senior Center ...*where friends meet!*

JANUARY 2017

Proudly serving the Fond du Lac community for almost 50 years!

Happy New Year!

Come in from the cold and explore
the 100's of programs, classes,
services and activities waiting for
you at our Center!

We can't wait to see you!

2017



A Free Monthly Publication
Vol. 8 • No. 1

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Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone (920)322-3630

Email..... cloomans@fdl.wi.gov

Hours M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.

*Friends bylaws available at our Center.
Visit us online at www.fdlseiorcenter.com*

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about our Center.



Do you remember New Year's Eve 1999? The night before we were going to cross into the 21st Century? I remember the media was preparing us for doom and gloom. How were computers going to work when they had to transition from 1999 to 2000? Would our economic system crash? What about our power grids and other infrastructure? Would planes fall out of the skies and missiles launch themselves?



We had friends over that evening and one of them worked for Wisconsin Power and Light and he was on call the whole night in preparation for the power systems going down. I know people who had stock piled food in their basements "just in case".

I remember doing the countdown to midnight. And when clock struck 12:00, nothing happened. Not a thing. We had crossed into a new millennium and all was fine. It's hard to believe that was 17 years ago! It seems so cliché but time sure does fly.

James Taylor, the American Singer/Songwriter, said "The secret of life is enjoying the passage of time." Have you enjoyed the last 17 years? Have you taken time to "smell the roses"? I don't know about you, but every year when the New Year rolls around, I remind myself that in the coming year, I need to appreciate the little things and try not to worry about things that I can't control.

Time is a gift to each of us. The saying to the right is a quote from Carl Sandburg that I think says it the best. I hope that you choose to spend some of the "coin of your life" with us at the Center in 2017.

Happy New Year!

Cathy

Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.



Carl Sandburg
American Writer

QuoteHD.com

1878 - 1967

Friends Annual Meeting & Election



Friends Annual Meeting and Board Election

Thursday, January 19; 3:00 p.m.

The Friends Annual Meeting will be held at the Senior Center on Thursday, January 19 at 3:00 p.m. Friends members are encouraged to attend to find out what's happening with the Friends organization.



- * Senior Center updates
- * Annual report
- * Elections (ballots will be available at the Front Desk from January 9-19 if you cannot attend the meeting)

If you plan on attending, please register at (920) 322-3630.

Newsletter Crew

Editor.....Christina Thor
Mail Crew.....Katie Fischer and
20+ volunteers!

Newsletter Deadline

The deadline to submit something for the February *Among Friends* newsletter is January 5, 2017. Please submit information to Christina Thor, cth@fdl.wi.gov.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.



Cathy Loomans, Senior Center Director, is the guest of Spencer Wagen on his *Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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For ad info. call Tom Schmanski at 1-800-950-9952 • www.4lpi.com

Friends of Fond du Lac Senior Center A 4C 01-1122

Programs & Activities



Upcoming Umbrella Brigade Performance

Are you ready for the Red Hatter's Umbrella Brigade performance this month? This amazing group will be

spreading a little sunshine on:

Wednesday, January 25
2:00 p.m. at Lincoln House

These ladies and their performance will make you smile!

ART CLASSES

Come explore your artistic side and sign up for an art class at our Center! See what classes we offer on page 15 of this newsletter.

Classes take place on:
January 10, 17, 24 & 31

Please come in to register at our Center!



Dementia Friendly Community Task Force



For the last several months, senior service providers in FDL County have been meeting to develop a plan to make Fond du Lac County a Dementia Friendly Community. One of the Task Force's initiatives is working with area businesses to provide

their employees with specialized training to help them work with customers that may have dementia. Once a local business has gone through the training with their employees, they receive a Purple Angel decal. The Purple Angel is an international sign that a business is Dementia Friendly. Keep an eye out for local businesses that will be displaying these Purple Angel decals as Fond du Lac County becomes Dementia Friendly.

TECH TYME

Just a reminder that Tech Tyme will not be in session during January and will resume in February 2017.

INFORMATIONAL MEETING: JAM SESSION

Wednesday, January 11 at 10:00 a.m.

Feel free to bring your instruments—all types of instruments welcome! We will be holding an informational meeting for a new group that would like to meet weekly to just **JAM** to the golden oldies!



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER
OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.

ROYAL RUMMY IS BACK!!!

Friday, January 13

1pm—3:30pm at our Center (Room 4)

Bring your own drinks! Snacks will be provided. Prizes awarded.

Cost: \$2.00 | Limit: 24

Registration Deadline: Friday, January 6

And as always, a 50 cent donation to our Center is also collected. Please register at the Front Desk if you're interested!



American Red Cross

VOLUNTEERS WANTED!

The American Red Cross is recruiting for volunteers in the Fond du Lac County for Disaster Action Team (DAAT) members. These individuals would respond to natural and man-made disasters. Having DAT members in the community decreases response time and provides needed service to those in need. Many DAT members are retired individuals. If there was a home fire, DAT volunteers would work with those affected to ensure a safe place to stay and a plan to move forward after the fire.

Make a resolution to RENEW YOUR MEMBERSHIP!

We couldn't provide the programs, classes, services, clubs and presentations without your help!

A renewal form is included on page 23 of this newsletter. The cost to join is \$10 for an individual and \$15 for a couple with the same address. For those that can give more to support the Center, please consider a Utility Donation or become a Fabulous or Fantastic Friend! Business memberships are also available at a variety of levels.

Not sure if you've already renewed for 2017? Look for your renewal date on the mailing label of this newsletter. If it says "**MEMBERSHIP EXPIRATION DATE 12/31/16**", you have not renewed. If it says "**MEMBERSHIP EXPIRATION DATE 12/31/17**", you're all set for another year. If you've renewed, why not share the membership form on page 23 with one of YOUR friends who is NOT one of OUR Friends...yet?

After all, we can never have enough Friends!



DRESS UP YOUR PET DAY!

Do you have a pet? January 14 is "Dress Up Your Pet Day!" and we are holding a contest for the best dressed up pet! Pictures of your pet (*pet only please*) should be sent to Sarah Docter by email (slolson@fdl.wi.gov) or in-person by January 6th. Pictures will be posted during the week of January 9-12 & people will be voting for the best dressed pet.

On January 13th, we will reveal the winner!



Mahjong

Tuesdays,
1:00—3:00 PM

Join the Center's
newest group!

Started in November 2016, we are all
learning together! Come join us!!

New players are welcome.

Memory Café

The 1st Friday of each month held at our Center.

Friday, January 6; 10:00 a.m.

Share Your Story!

Participants will begin to create
individualized memoirs that will
become treasured keepsakes.

Reminder: This event is designed for individuals with early stage dementia, mild memory loss or cognitive impairment and their care partners but all are welcome!

Next Cafe: Friday,
February 3rd, 10:00 a.m.

Sponsored by:
ManorCare Health Services

Leave a Legacy

You will not only be providing for the needs of those in our community today, but for years to come. Please consider the Friends of the Fond du Lac Senior Center in your tax-deductible annual gifting and your legacy planning.

Contact Cathy Loomans, Center Director at 920-322-3632 or the Fond du Lac Area Foundation at 920-921-2215.



LIKE US ON FACEBOOK!

@FondduLacSeniorCenter
@FondyHappyTravelers
@BrownPaperPackagesGiftShopFondduLac

Programs & Activities

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: FDL Lutheran Home

2nd Tuesday (even months): Harbor Haven

2nd Tuesday (odd months): Manor Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Generations

4th Tuesday (odd months): Hospice Advantage

4th Tuesday (even months): Lincoln House

5th Tuesday: TBA

BOOK CLUB

**Monday, January 16
at 9:30 a.m.**

CARD GAMES

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

*For information or to play, call
Johanna O'Brien at 251-3759.*

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:30 p.m. Advanced

*For information or to play, call Judy
Rupp at 920-477-3021.*

CANASTA

**1st, 3rd & 5th Wednesdays
at 12:00 p.m.**

EUCHRE

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

POKER

Mondays at 1:00 p.m.

SHEEPSHEAD

\$1.50 Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays & Fridays at 1:15 p.m.

Black Queens

RECREATIONAL

SHEEPSHEAD

Wednesdays at 1 p.m.

SKAT

Thursdays at 8:00-11:30 a.m.

CHORUS

Red Hat Honeys

Fridays at 10:00 a.m.

Melodies & Memories Choir

Thursday, December 8 at 3:30 p.m.

COIN CLUB

2nd Tuesday at 6:00 p.m.

DANCES

\$4.00 donation

Wednesday 7:30–9:30 p.m.

***Note: No Dance On Wed., Jan. 18**

Call MaryAnn at 920-960-5850 for info.

GAME DAY

Fridays at 1:30 p.m.

GERMAN CLUB

Mondays at 1:00 p.m.

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

POOL Open Pool daily

Leagues

8-Ball Tuesdays (September-April)

9-Ball Wednesdays. (September-April)

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Various activities include Chorus, Good Deed Gals, Umbrella Brigade, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

ROMEOS

*All men are welcome to join the
"Retired Old Men Eating Out" for lunch...
You don't have to be retired (or old) to
join in on the camaraderie and fun!*

Thursday, January 5

Pizza Ranch

Call our Center to pre-register!

SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

STAMP CLUB

3rd Wednesday at 7:00 p.m.

(except March, July and December)

STITCHERY

Tuesdays at 1 p.m.

SUPPER CLUB

**You MUST call the Senior Center if
you are interested in attending.**

Saturday, January 21

Gino's

Social: 5:00 p.m.; Dinner: 5:30 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00-8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

*The Memories Writers meet to share and
preserve life experiences and family history.
New members welcome!*

Friends of the Fond du Lac Senior Center



DINE OUT COUPON BOOK

**Surprise that special someone
with the gift that gives all year long!**

Discounts are good from January – December 2017

Purchase coupon books in the Brown Paper

Packages Gift Shop! Cost: \$7

Coupon books also available at: Calvary Cemetery, Central Barber, Fox Valley Savings Bank, KFIZ, Philly's on 4th and Pump 'n Pantry

SPECIAL THANKS to GRANDE CHEESE

*for their generous contribution toward the printing
of this year's book.*

*Thanks to these local restaurants and businesses
for their participation in this year's coupon book:*

- A&W Drive-In (2) • Ala Roma Italian Pizzeria & Pub
- Ang N Eddies • Backyard Grill & Bar • Bagelmeister
- Benvenuto's • Blanck's Supper Club—Johnsburg
- Blanck's Lake Aire Supper Club • Boda's (2)
- Capone's • Casa del Tequila • Coliseum Sports Bar & Grill • Dairy Queen East • Dillion's—Ledgeview Lanes (2) • Downtown Deli To Go • Eden Café and Eden Grill in Taycheedah • Fat Joe's • Fishy's Bakery
- Friar Tuck's • Gille's Frozen Custard Drive-In • Gino's Italian Restaurant • Green Dragon Brewpub • Korneli's Main Street Express • Mancino's (2) • Oak Central • Paddy's Pizza • Philly's on 4th (2) • Philly's on the Miracle Mile (2) • Pioneer Pit Stop • Pump & Pantry • Red Cabin at Green Acres • Rolling Meadows Family Restaurant (2) • Sal's Pizza • Salty's Seafood & Spirits • Schmitt's Bar & Grill (2) • Schreiner's Restaurant • Sebastian's Steak House • Sombrero's • Subway • Sunset on the Water • Taco Johns • Tuckers (2) • Urban Fuel • The Welsch (2) • Wendt's On the Lake

SALT/TRIAD MEETING

(Seniors and Law Enforcements Together)

Thursday, January 26 at 1:00pm

Speaker: Joseph P. Moore, City Manager

Topic: "State of the City, 2017"

SALT/TRIAD meetings are the 4th Thursday of the odd months at the Fond du Lac Senior Center. Meetings have a focus on community safety and include police and/or fire department updates, and a guest speaker on a topic of community interest. There is also a roundtable discussion by community providers. Meetings are free to attend and open to the public—all ages welcome. Check out the SALT/TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety.

AARP MEETING

Thursday, January 19

1:30 p.m.



Speaker: Julie Hilbert, Benefit Specialist

AARP Meetings are held the 3rd Thursday of the month at 1:30. They are free to attend and open to the public. Refreshments are served. The cost to join the local AARP chapter is \$3.

HAVE YOU LOST SOMETHING?

Our Lost & Found Box is overflowing! If you think you might have left something at the Center, be sure to check to see if we have it. We will be taking the contents to Goodwill in January...so stop by soon!



WE ARE HERE TO HELP

- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 10¢ each page members, 15¢ non-members; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Books, magazines, puzzles, videos available to borrow for FREE
- Weight scale
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: (Monday—Friday)
- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Friday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.79 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

Programs & Activities



SNOWBIRDS? MOVING?

If you have recently moved or will be temporarily away and have asked the Post Office to hold or forward your mail, PLEASE CALL THE RECEPTION DESK at 322-3630 TO LET US KNOW! Because of our bulk

mailing status for our Among Friends newsletter, any newsletters that cannot be delivered will be returned to the Senior Center and *will be charged* to the Center. We have been getting many newsletters back each month and this can be quite costly. Or, give us your email address and we'll email the latest issue to you!

COMPLIMENTARY TICKETS



The Fond du Lac School District has provided the Senior Center with 10 complimentary admission tickets to regular season sporting events and music department musicals and plays. These tickets are to be used by seniors on a shared basis. In this way, anyone who is interested in attending a specific event may pick up a ticket, use it for that particular event, and return it to the Center for use by others.



Giving has never been easier!

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to our Center whenever you shop on AmazonSmile!!

Use this website below to donate while shopping:
<https://smile.amazon.com/ch/39-1658681>

Melodies and Memories Choir

Thursday, January 12

3:30- 4:30 p.m.

2nd Thursday of each month

Do you love to sing? Do you like to sing just for fun? Our Melodies and Memories Choir was created specifically for people who enjoy singing in a relaxed fun environment. We also welcome singers with the early stages of dementia along with their care partners.



Please call the Center at 322-3630 if you would like to join us.

Senior Outreach invites you to help decorate our

HEART TREE

with delicate spun glass heart ornaments

The Senior Outreach Program is sponsored by the FDL Area United Way, FDL County Department of Community Programs, FDL Area Foundation and Friends of the FDL Senior Center. The program's mission is to reduce loneliness and isolation through friendships with trained volunteers, and provide education on available resources when needed.



Open your heart to the Senior Outreach Program and donate for a spun glass ornament in memory of a deceased loved one or in honor of a special person in your life who is still living. Each ornament is a donation to the program. Rather than keeping the ornament, it will be hung on a beautiful cherry blossom tree which represents the fragility and beauty of life.

The deadline to dedicate ornaments for the tree is Friday, February 17. The cherry blossom tree will be displayed at the Senior Center in the lounge area on Wednesday, February 1 until the heart tree dedication at the end of February (date to be announced). Glass heart ornaments are hung by staff.



HEART TREE ORDER FORM

~ PLEASE PRINT ALL NAMES CLEARLY ~

Please put a heart on the HEART TREE in memory of (Deceased) :

Please put a heart on the HEART TREE in honor of (Living) :

\$3.00 EACH NAME Total Enclosed _____

(Make check payable to: Friends of the Fond du Lac Senior Center)

DONATED BY:

Name _____

Street _____

City _____ Phone _____

Happy 50th Anniversary

Wednesday, February 1
12:30pm - 3:30pm

On February 1st, it will be our Center's 50th birthday! We would like to invite you to stop in on Wednesday, February 1 between 12:30pm and 3:30pm for some birthday cake!



We would like to thank everyone who has contributed (and continues to do so) to our Center! We appreciate each and every one of you, from our volunteers to our sponsors to our donors to our Friends and visitors, and so on!

We look forward to serving our community for many more years!



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call 922-7072

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Tai Chi Classes

Tai Chi has value in treating or preventing many health problems. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life!



Tuesday mornings 9:00-10:00 a.m.

Next session: Jan. 10—Feb. 28 \$45

Participants must be able to walk without aid and should wear loose, comfortable clothing and tennis shoes. No partial sessions or refunds.

For more information, call 322-3630.

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by Agnesian

Friday, January 13; 9 a.m. *2nd Friday of the month*

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

Friday, January 13; 9 a.m. *2nd Friday of the month*

No appointment needed. *12-hour fast required.* Donations accepted.

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, February 10; 9 a.m. *2nd Friday of every other month*

FREE Hearing Screenings and FREE Hearing Aid Cleaning.

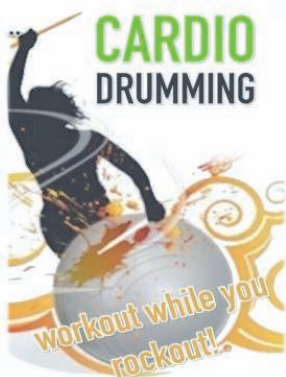
Please call 322-3630 for an appointment. Donations accepted.

FOOT CARE (ROUTINE NAIL CARE) - Cost \$25

Sponsored by FDL County Health Department

January 12, 19, 26; February 9, 16, 23

Call 322-3630 for an appointment.



Cardio Drumming is a fun way to workout with a yoga ball, drum sticks and music!

Come join us on Mondays at 3 p.m.

First class is free.
Purchase a punch card at \$24 for 8 classes at the front desk!



CHAIR EXERCISE CLASSES

Men and women welcome!

LOW IMPACT CHAIR EXERCISE

With Sarah Docter

Mondays 9:00—9:30 a.m.

CHAIR EXERCISE VIDEO

Wednesdays 9:45—10:15 a.m.

OTHER EXERCISE

Cardio Drumming

Mondays 3 p.m.

First class is free. Punch card is \$24 for 8 classes

Hikers

Tuesday & Thursday 10 a.m.

Call Ruth at 921-7192.

Line Dancing

Thursdays 6—7:30 p.m.

\$10/4 weeks

Beginning Line Dancing

Saturdays 10:00—11:30 a.m.; \$7.50/3 weeks

ZUMBA GOLD

Mondays 5:30 - 6:30 p.m.

\$5 walk in/10 class punch cards \$40.00 from instructor

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, January 26; 6:30—7:30 p.m. *(4th Thursday)*

Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUP

Tuesday, January 17; 4:00—5:00 p.m. *(3rd Tuesday)*

Aurora Health Care Center, 210 Wisconsin American Drive ~ American Room

PARKINSON'S SUPPORT GROUP

Monday, January 9, 10:00—11:00 a.m. *(2nd Monday)*

Aurora Health Care Center, 210 Wisconsin American Drive ~ American Room

PROSTATE CANCER SUPPORT GROUP

Tuesday, January 10; 8:30 a.m. *(2nd Tuesday of the month)*

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Dr.

Self Defense Class

Fridays at 9-10 a.m.

Balance and Body Movement Class

Fridays at 10:00 a.m. to 10:30 a.m.

Laurence Lewis, leads this ongoing weekly class which helps participants improve their balance in a variety of situations. Tips and techniques taught will benefit all fitness levels.

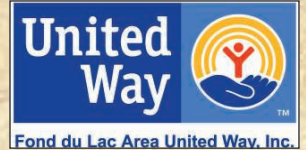
**NO REGISTRATION REQUIRED
FREE ADMISSION, JUST DROP IN!!**





Reaching Out – Touching Lives

Sponsored in part by
Fond du Lac Area United Way



A great big **THANK YOU** to
all our volunteers who
continue to make a
difference in our community
through our programs!



SUPPORT THE SENIOR OUTREACH PROGRAM'S HEART TREE

Help support the Senior Outreach Program and honor a loved one with a donation to the Heart Tree. A beautiful, glass spun ornament will be hung on our cherry blossom tree in memory or honor of your loved ones.
See page 8 for more details and order form.

Senior Outreach Program

Outreach volunteers will meet on **Thursday, January 5 at 9:00 a.m. to 11:00 a.m.** to discuss the upcoming 2017 year!

Please call 322-36930 to register or if you are interested in becoming an outreach volunteer.
Note: This is for Outreach Program Volunteers Only

Community Cares

Volunteers will visit **St. Francis Home, 33 Everett Street, on Tuesday, January 24, 2:00 to 3:00 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer.

Volunteers can be any age.

If you would like to participate or have questions, call 322-3630. Sharing an hour of your time can make a difference in the life of a senior.

**Do you like to
make others smile?
Learn more about our Outreach Opportunities.
Call Sarah at 322-3641.**

Looking for a rewarding New Year's resolution to add to your list?

Join our Senior Outreach Programs to make a difference in other people's lives! Here are the programs we have:

1. **Community Cares:** Visit a local nursing home or assisted living facility once a month for an hour to visit residents who get few visitors.
2. **Caring Companions:** Provide companionship to seniors in the community by being paired with a "friend" and visit him/her at least an hour a week.
3. **Caring Companion Community Partnership:** Provide companionship to seniors in local senior living communities by being paired with a local nursing home or assisted living facility, visiting that community on a weekly basis.
4. **Friendly Phone Calls:** A program for seniors who have limited contact with family and friends. Calls are placed to check in and say "Hello." Calls can be made from the comfort of your own home.
5. **Senior Center Friendly Visits:** A program that supports you in visiting seniors. You set the times. The Senior Center will provide the training and support to make it enjoyable.
6. **Veterans to Veterans:** Veteran volunteers visiting Veterans, that reside at local senior living communities, who get few visitors for once a month for one hour.


**If this sounds like you,
please call Sarah at 322-3641.**

The Senior Outreach Program is funded in part by:

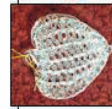
Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community
Programs

Fond du Lac Area United Way
Fond du Lac Area Foundation

January

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED 	3 8:30 Pool League 8 Ball 9:00 Tai Chi 9:00 AARP Board Meeting 10:00 Hiking 12:30 Bridge 1:00 Bingo-Sponsor: FDL Lutheran HM 1:00 Mahjong 1:00 Stitchery Group 6:00 Winnebago Woodworkers at NFDL 6:30 Senior Dining-Gino's Social at 5:30	4 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 12:00 Hand & Foot 12:00 Canasta 1:00 Recreational Sheepshead 1:15 Sheepshead 7:30 Wed Night Dance	5 8:00 Skat 9:00 Senior Outreach 9:00 Hand Chimes 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:00 ROMEO's-Pizza Ranch 12:30 Bridge 12:30 Movie-Milton's Secret 1:00 Flying Geese Quilters 5:30 Local Parents of Angels 5:45 TOPS #0566 6:00 Country Line Dancing 6:00 Chartastics Scrapbook Club	6 Dress Your Pet Photos Due 9:00 Self Defense Class 10:00 Memory Cafe 10:00 Red Hat Chorus 10:00 Balance and Body Movement 12:30 Wii Bowling 1:00 Memories Writers Group 1:15 Sheepshead 1:30 Game Day 7 Saturday 10:00 Beg. Country Line Dance 8 Sunday
9 Vote for Dress Your Pet 1/9-1/12 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 1:00 Euchre 1:00 German Club 1:00 Poker 1:15 Sheepshead 3:00 Cardio Drumming 5:30 Zumba Gold Happy Travelers Trip leaves for Costa Rica	10 8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 10:00 Jam Session Information 12:30 Bridge 1:00 Bingo-Sponsor: Manor Care 1:00 Mahjong 1:00 Stitchery Group 1:00 Drawing & Watercolor Class 3:00 Mixed Media Art Class 6:00 Winnebago Woodworkers 6:00 Coin Club 6:30 Senior Dining-Peebles Grille Social at 5:30	11 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 10:00 Jam Session Information 12:00 Hand & Foot 1:00 Recreational Sheepshead 1:15 Sheepshead 7:30 Wed Night Dance	12 8:00 Skat 9:00 Foot Care 9:00 Hand Chimes 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge 12:30 Bridge 3:30 Melodies and Memories Choir 5:45 TOPS #0566 6:00 Country Line Dancing 7:00 Sunset Stitches	13 Dress Your Pet Winner Reveal 9:00 Health Screenings 9:00 Self Defense Class 10:00 Red Hat Chorus 10:00 Balance and Body Movement 12:30 Wii Bowling 1:00 Memories Writers Group 1:00 Red Hat Royal Rummy 1:15 Sheepshead 1:30 Game Day 14 Saturday 10:00 Beg. Country Line Dance
16 9:00 Low Impact Chair Exercise 9:00 Woodcarving Club 9:30 Book Club 1:00 Euchre 1:00 German Club	17 8:30 Pool League 8 Ball 9:00 Tai Chi 10:00 Hiking 10:00 Acrylic & Oil Painting Class 12:30 Bridge	18 8:30 Pool League 9 Ball 8:30 SCAMP 9:00 Hand Chimes 9:45 Video Chair Exercise 10:00 Jam Session	19 8:00 Skat 9:00 Hand Chimes 9:00 Foot Care 10:00 Hiking 10:00 Scrapbooking 10:00 Beginning Bridge	20 9:00 Self Defense Class 9:00 Friends Board Organizational Meeting 10:00 Red Hat Chorus 10:00 Balance and Body Movement

<div>1:00 Poker</div> <div>1:15 Sheephead</div> <div>3:00 Cardio Drumming</div> <div>5:30 Zumba Gold</div>	<div>Bingo-Sponsor: ResCare Homecare</div> <div>1:00 Mahjong</div> <div>1:00 Stitchery Group</div> <div>1:00 Drawing & Watercolor Class</div> <div>3:00 Mixed Media Art Class</div> <div>6:00 Winnebago Woodworkers at NFDL</div> <div>6:30 Senior Dining-Fat Joe's</div> <div>Social at 5:30</div>	<div>12:00 Hand & Foot</div> <div>12:00 Canasta</div> <div>12:30 Movie—Eddie The Eagle</div> <div>1:00 Recreational Sheephead</div> <div>1:15 Sheephead</div> <div>7:00 Stamp Club</div>	<div>12:30 Bridge</div> <div>1:30 AARP</div> <div>3:00 Friends Annual Meeting</div> <div>5:45 TOPS #0566</div> <div>6:00 Country Line Dancing</div> <div>6:00 Chartistics Scrapbook</div> <div>Happy Travelers Trip-"The Bodyguard" at Appleton PAC</div>	<div>12:30 Wii Bowling</div> <div>1:00 Memories Writers Group</div> <div>1:15 Sheephead</div> <div>1:30 Game Day</div> <div>21 Saturday</div> <div>10:00–2:00 Gift Shop Open</div> <div>5:00 Supper Club—Gino's</div> <div>5:00 Social; 5:30 Dinner</div> <div>22 Sunday</div>	
<div>23</div> <div>8:00 Newsletter Assembly</div> <div>9:00 Low Impact Chair Exercise</div> <div>9:00 Woodcarving Club</div> <div>1:00 Euchre</div> <div>1:00 German Club</div> <div>1:00 Poker</div> <div>1:15 Sheephead</div> <div>3:00 Cardio Drumming</div> <div>5:30 Zumba Gold</div>	<div>24</div> <div>8:30 Pool League 8 Ball</div> <div>9:00 Tai Chi</div> <div>10:00 Hiking</div> <div>10:00 Acrylic & Oil Painting Class</div> <div>12:30 Bridge</div> <div>1:00 Bingo-Sponsor: Hospice Advantage</div> <div>1:00 Mahjong</div> <div>1:00 Stitchery Group</div> <div>1:00 Drawing & Watercolor Class</div> <div>2:00 Community Cares at St. Francis Home</div> <div>3:00 Mixed Media Art Class</div> <div>6:00 Winnebago Woodworkers at NFDL</div> <div>6:30 Senior Dining-Sebastian's</div> <div>Social at 5:30</div>	<div>25</div> <div>8:30 Pool League 9 Ball</div> <div>8:30 SCAMP</div> <div>9:00 Hand Chimes</div> <div>9:45 Video Chair Exercise</div> <div>10:00 Jam Session</div> <div>12:00 Hand & Foot</div> <div>1:00 Recreational Sheephead</div> <div>1:15 Sheephead</div> <div>2:00 Umbrella Brigade at Lincoln House</div> <div>7:30 Wed Night Dance</div>	<div>26</div> <div>8:00 Skat</div> <div>9:00 Foot Care</div> <div>9:00 Hand Chimes</div> <div>10:00 Hiking</div> <div>10:00 Beginning Bridge</div> <div>12:30 Bridge</div> <div>1:00 SALT/TRIAD</div> <div>5:45 TOPS #0566</div> <div>6:00 Country Line Dancing</div> <div>6:30 Alzheimer's Support Group</div>	<div>27</div> <div>9:00 Friends Board</div> <div>9:00 Self Defense Class</div> <div>10:00 Red Hat Chorus</div> <div>10:00 Balance and Body Movement</div> <div>12:30 Wii Bowling</div> <div>1:00 Memories Writers Group</div> <div>1:15 Sheephead</div> <div>1:30 Game Day</div> <div>Happy Travelers Trip-"Wonder Years" at Schauer Center and Mine Shaft</div> <div>28 Saturday</div> <div>10:00 Beg. Country Line Dance</div> <div>29 Sunday</div>	
<div>30</div> <div>9:00 Low Impact Chair Exercise</div> <div>9:00 Woodcarving Club</div> <div>1:00 Euchre</div> <div>1:00 German Club</div> <div>1:00 Poker</div> <div>1:15 Sheephead</div> <div>3:00 Cardio Drumming</div> <div>5:30 Zumba Gold</div> <div>6:00 FDL Concert Assoc</div>	<div>31</div> <div>8:30 Pool League 8 Ball</div> <div>9:00 Tai Chi</div> <div>10:00 Hiking</div> <div>10:00 Acrylic & Oil Painting Class</div> <div>12:30 Bridge</div> <div>1:00 Bingo</div> <div>1:00 Mahjong</div> <div>1:00 Stitchery Group</div> <div>1:00 Drawing & Watercolor Class</div> <div>3:00 Mixed Media Art Class</div> <div>6:00 Winnebago Woodworkers at NFDL</div> <div>6:30 Senior Dining-Green Dragon</div> <div>Social at 5:30</div>	<div>LET'S DO LUNCH!</div> <div>The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday—Friday at 11:45 a.m., lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Registration for lunch is required by calling 929-3937 at least one day in advance by 1 p.m. Menus are available at the front desk or our website: fdlseniorcenter.com</div> <div></div> <div>Fellowship, Food & Fun</div>			<div>OFFSITE SUPPORT GROUPS</div> <div>1/9 10:00 Parkinson's Support Group- Aurora Health Care</div> <div>1/10 8:30 Prostate Cancer Support Group-Rolling Meadows Family Restaurant</div> <div>1/17 4:00 Diabetic Support Group at Aurora Health Care Center</div> <div>Billiard Room open daily for open Pool except during league playing time.</div> <div>** All Orange Events are held Offsite</div>



*Buy a Heart for our Heart Tree
in memory of or in honor of a loved one*

Dine Out Books are available for purchase as well as Kwik Trip Gift Cards and multiple Store Gift Cards
 Don't forget to renew your Friend's Membership for 2017
 Gift Shop is open 10-4 Monday-Friday; 4-6 Thursday; 3rd Saturday 10-2

Senior Wellness Morning

SAVE THE DATE!

Not-so-new



Newlywed Game

Friday, February 10

8:30—9:30 a.m.

Health Screenings

- Blood Pressure
- Blood Sugar (fast required)

Health Info Booths

Fun Loving Couples Needed

as contestants at our
Not So Newlywed Game.

If interested,
contact Sarah
at 322-3641.

Door Prizes, Handouts,
Refreshments & Lots
of Fun!

For planning purposes, call
322-3630 to pre-register.

9:30—10:30 a.m.

GAME SHOW:

“The Not-So-Newlywed Game”

We had so much fun at last year's game, we decided to do it again! We are recruiting four couples to play the game everyone remembers. If you would like to be a contestant couple, give Sarah a call at 322-3641. This wellness activity will be a lot of laughs and you don't want to miss out. You must pre-register by calling 322-3630.



Art & Recreation Classes

15

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Cost
Acrylic & Oil Painting	Tuesdays	10—noon	\$16 for 4 class punch card
Session 1: January 10, 17, 24, 31		Session 2: February 7, 14, 21, 28	
Drawing & Watercolor	Tuesdays	1-3 p.m.	\$16 for 4 class punch card
Session 1: January 10, 17, 24, 31		Session 2: February 7, 14, 21, 28	
Mixed Media	Tuesdays	3-4:30 p.m.	\$16 for 4 class punch card
Session 1: January 10, 17, 24, 31		Session 2: February 7, 14, 21, 28	
Country Line Dancing	Thursdays	6:00-7:30 p.m.	\$10 for 4 class punch card
Session 1: January 5, 12, 19, 26		Session 2: February 2, 9, 16, 23	
Beg. Country Line Dancing	Saturdays	10-11:30 a.m.	\$7.50 for 3 class punch card
Session 1: January 7, 14, 28		Session 2: February 4, 11, 18, 25	
Singing	Tuesdays	10:00-11:00 a.m.	\$25 for a 6 classes
Spring Session: February 7—May 2nd			



Keep up with Senior Center news and activities, like us on Facebook!
www.facebook.com/FondDuLacSeniorCenter

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com

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- Companionship

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SCRIP Gift Cards Available!!!!

Let the Brown Paper Packages Gift Shop help you with your Christmas gift giving this season! When you buy gift cards here, our Center earns 2.5% - 15% on each card purchased!



A & W - \$5	Subway - \$10	Faro's - \$10	
Culvers - \$5	Target - \$10	Menards - \$25	
Dairy Queen - \$5	Backyard Grill - \$25	Friar Tucks - \$10	Piggly Wiggly - \$25
Starbucks - \$5	Festival - \$25	Gilles - \$10	Roundy's - \$25
Ala Roma/Schmity's - \$10	Fleet Farm - \$25	Panera Bread - \$10	Shopko - \$25
Buffalo Wild Wings - \$10	Kohls - \$25	Pizza Hut - \$10	Walgreens - \$25
Culvers - \$10	Kwik Trip - \$25	Schreiner's - \$10	Walmart - \$25

Purchase gift cards in Brown Paper Packages Gift Shop Monday—Friday 10 a.m.—4 p.m., Thursdays 10 a.m.—6 p.m., and the 3rd Saturday of each month 10 a.m.—2 p.m.



Cash or Check Only
Other Cards are available, please ask!

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one YEAR ANNIVERSARY & HOLIDAY OPEN HOUSE REHASH!



We had such an amazing first year, and we are excited to see what's in store (no pun intended) for us next year!

Our One Year Anniversary & Holiday Open House week was so much fun! We would like to thank all those who came to help us celebrate this milestone with us!

Also, a huge "Thank You!" to the volunteers who worked countless hours to making the Gift Shop an amazing place to shop! Without all of you, this wouldn't be possible—so *thank you!*



Our volunteers are:

Cathy Halfman
Yvonne Blackburn
Marge Hauch
Geri Riel-Preuss
Karen Hausauer

Monday—Friday 10 a.m.—4:00 p.m., Thursday evenings 4—6 p.m.
3rd Saturday of each month 10 a.m.—2 p.m.

151 E. 1st Street, Fond du Lac, WI 54935 - (920) 322-3638

Open to the public—Located inside the Fond du Lac Senior Center



Programs & Activities—Movie

Watch two different movies this month!



Thursday, January 5: Milton's Secret

11:45 a.m. Lunch (optional);

12:30 p.m. Movie

2016 movie; 1 hr 28 mins; PG; Drama/Family;
Starring: Graham Abbey, William Ainscough,
Ella Ballentine

Summary: Twelve-year-old Milton Adams feels his world is in crisis. With his parents stressing about their careers and finances, and the neighborhood bully tormenting him, he is constantly anxious. When Milton's optimistic grandfather (Donald Sutherland) comes to visit, he learns the secret to finding true happiness from a man who has seen the world and who has committed to living life in the present.

Wednesday, January 18: Eddie The Eagle

11:45 a.m. Lunch (optional);

12:30 p.m. Movie

2016 movie; 1 hr 46 mins; PG-13; Biography/Comedy/Drama; Starring: Taron Egerton, Hugh Jackman, Tom Costello



Summary: Michael "Eddie" Edwards, aka "Eddie the Eagle," is a British skier who in 1988 became the first competitor since 1929 to represent Great Britain in Olympic ski jumping, finishing last in the 70m and 90m events.

Register for lunch and movie separately. Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. Please see lunch menu on page 19. **If you register to attend but are unable to come, please call to let us know.**

Thanks to Moraine Park Technical College for sponsoring movies at the Senior Center and Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.



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Bob Luebke FDL Senior Center Member

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*some restrictions apply

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SENIOR DINING

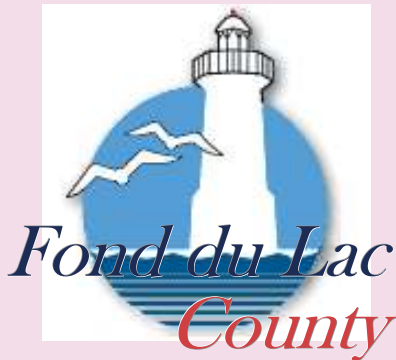
The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.



January 3	Gino's
January 10	Peebles Grille
January 17	Fat Joe's
January 24	Sebastian's
January 31	Green Dragon

**A GREAT OPPORTUNITY TO SOCIALIZE
& MEET NEW FRIENDS!**

For information, please call Max at 920-269-4180.



Volunteering Has Many Rewards!

Consider Volunteering for

Fond du Lac County Senior Dining Program is in need of friendly volunteers at the Portland Square Dining Site.

They are asking for one day per week from 10:30 a.m.—1:00 p.m. Volunteers will receive a complimentary meal on the day they work.

No special "skills" or "experience" necessary – will train. The volunteers should be friendly, capable, dependable, and willingness to work with others!

Benefits of Volunteering

Meet people. Make friends.

A way to have fun while giving back to the community.

Volunteers 55 years and older may qualify for Mileage Reimbursement, Secondary Accident & Liability Insurance to and from volunteer site.

Please consider calling them for more details at 920-929-3114.

Senior Dining



January 2017 Fond du Lac County Senior Dining

Come join us for lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served **Monday—Friday at 11:45 a.m.**, lunch is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over. Please register for lunch by calling 929-3937 at least one day in advance before 1p.m.

Complete menus are available at the front desk or our website: fdlseniorcenter.com and click on Services.

- Closed on Monday, January 2 to observe the New Year's Day holiday
- Tuesday, January 3: Salisbury Steak
- Wednesday, January 4: Cranberry/Kraut Meatballs
- Thursday, January 5: Chopped Steak in Burg/Mush Sauce
- Friday, January 6: Chicken Teriyaki
- Monday, January 9: Ham Rolls
- Tuesday, January 10: Baked Chicken
- Wednesday, January 11: Beef Stew
- Thursday, January 12: BBQ Pork Cutlet
- Friday, January 13: Swedish Meatballs
- Monday, January 16: Liver and Onions
- Tuesday, January 17: Chicken, Broccoli and Rice Casserole
- Wednesday, January 18: Swiss Steak
- Thursday, January 19: Lasagna Casserole
- Friday, January 20: Pot Roast
- Monday, January 23: Pork Steak
- Tuesday, January 24: Beef Stroganoff
- Wednesday, January 25: Baked Chicken
- Thursday, January 26: Hamburger on a Bun
- Friday, January 27: Chicken Breast
- Monday, January 30: Glazed Ham
- Tuesday, January 31: Country Fried Steak

Come dine with friends!

Happy Travelers

Be a Happy Traveler... *We're going places!*



Happy Travelers' Office 322-3635/322-3633
Mary Schneider, Travel Coordinator

Annual Friends of the Fond du Lac Senior Center membership is required to travel with the Happy Travelers. Membership fees are \$10 for a single and \$15 for a married couple.

Reminders:

- If you would like an itinerary for a day trip, you may pick one up at the Happy Travelers office 4 weeks before the trip.
- Please bring your deposit receipt with you when making your final payment. It's very helpful and saves us time.

We have assigned an activity level next to every trip to help you decide which trip best suits your interests and abilities:

- (E) Easy:** Easy programs involving minimal walking and not too many stairs
- (M) Moderate:** Expect to walk up to a mile a day or to stand for an extended period of time
- (A) Active:** You will likely walk as much as two miles a day and potentially climb stairs

TRIP UPDATES:

- ⚙ **Wonder Bread Years** is now **FULL!**
- ⚙ **Charleston, Savannah & Jekyll Island [April 1-9, \$918 DBL, \$1224 SGL]** is filling fast—only 11 seats left, so reserve your spot today!
- ⚙ **Mystery Trip [May 22-26, \$549 DBL, \$699 SGL]** is filling fast—only 15 seats left! It is still a mystery where we are going, but we promise you won't be disappointed!
- ⚙ **Australia & New Zealand [October 31-November 14, from \$6399* DBL air included]** is **FULL** but if you're interested, we can add your name to our Waiting List!

Fasching Dinner & Show

(E)



Join us for a fun day filled with traditional German cuisine and music provided by the Dorf Kapelle Band, some of the best musicians in Wisconsin! This amazing group consist of local talent that are music teachers, a dentist, machinist, woodworker and a student!

Capturing the traditional ethnic style of the typical European Village Band, Dorf Kapelle has performed at major festivals, stage performances, dances & concerts throughout Wisconsin, and now we are taking you to see them! Formed in the summer of 1988, this group is dedicated to the reproduction of European wind music, which includes polkas, marches and waltzes!

Sunday, February 12
Dorf Kapelle Band Johnsonville
10:00 a.m.—4:30 p.m.
\$69 | IN German Meal

Amish Shopping & Meal in Dalton Area

(E)

Wednesday, May 10
\$68 | IN



Starting off our day with donuts and coffee (included), we will be visiting the Oven Fresh Bakery and many other Amish businesses—with a stop at Salemville Cheese Factory for their famous Blue Cheese! An Amish lunch with dessert and beverage is also included!

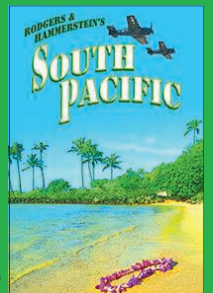
"South Pacific"

Fireside Theatre
Thursday, May 4,
\$105 | IN

(E)

Set during World War II, this epic tale is told with humor, passion, beauty and action. This is one of the very few musicals to have earned the Pulitzer Prize for Drama. Hear classic songs like: "I'm Gonna Wash That Man Right Out Of My Hair" and "Bali Ha'I."

Enjoy a Fireside signature themed meal of Hawaii: Chicken Kona Kai, along with their fabulous breads, salad and dessert!



Happy Travelers

21

Be a Happy Traveler... We're going places!





GREAT DEAL!

Casino Trips For 2017

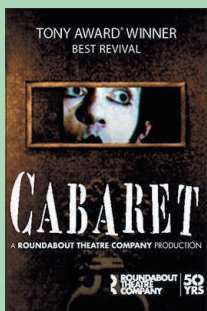
March 9 & 10: Ho Chunk Casino Run Overnighter
\$118 DBL | \$155 SGL

We will be stopping in Nekoosa, Black River Falls & Wisconsin Dells. You get \$100 free play—
meaning the whole trip is only \$18! Bingo session also available.

August 23: Oneida Casino & Dinner | \$60 IN
 Dinner will be at Schwarz's St. Anna (Dinner is included!)

November 27: Menominee Casino Resort | \$44 DT
 It's Senior Day! We will go to Red Robin in Oshkosh (Dutch treat)

E



Cabaret

Appleton PAC

Tuesday, February 28

\$89 | DT Victoria's Restaurant

Directly from Broadway, the acclaimed masterpiece Cabaret comes to the Fox Cities!

Leave your troubles outside – life is beautiful at CABARET, JOHN KANDER, FRED EBB and JOE MASTEROFF's Tony-winning musical about following your heart while the world loses its way.

Jelly Belly Tour & Kenosha Civil War Museum

Thursday, March 23

\$80 | IN

After riding the Jelly Belly Express Train and touring the Jelly Belly Candy Company, we will head to the Kenosha Civil War Museum!

Hear personal stories of soldiers, nurses, doctors and clergymen at the museum and experience history all over again!



www.facebook.com/FondyHappyTravelers

Limited seating available for these trips. Call soon to save your spot!

FEBRUARY 2017

MARCH 2017

APRIL 2017



Fasching Dinner & Show

Johnsonville
 Dorf Kapelle Band
 Sunday, February 12
 German Meal \$69 IN

"Cabaret"

Appleton PAC
 Victoria's Restaurant
 Tuesday, February 28
 \$89 DT



Ho Chunk Casino Overnight

Thursday & Friday
 March 9 & 10
 3 casino stops
 \$ 118 Dbl / \$155 Sgl

Jelly Belly Tour & Kenosha Civil War Museum

Thursday, March 23
 \$80 IN

We're Going to Schwarz's

Wednesday, March 29
 \$46 IN

Charleston, Savannah, & Jekyll Island SC

Diamond Tours
 9 Day Trip
 Saturday—Sunday
 April 1—9
 \$918 Dbl / \$1224 Sgl

Pre-Prohibition Historic Bar Tour

Milwaukee
 Thursday, April 20
 \$105 DT

Medieval Times
 Friday, April 28
 \$99 IN

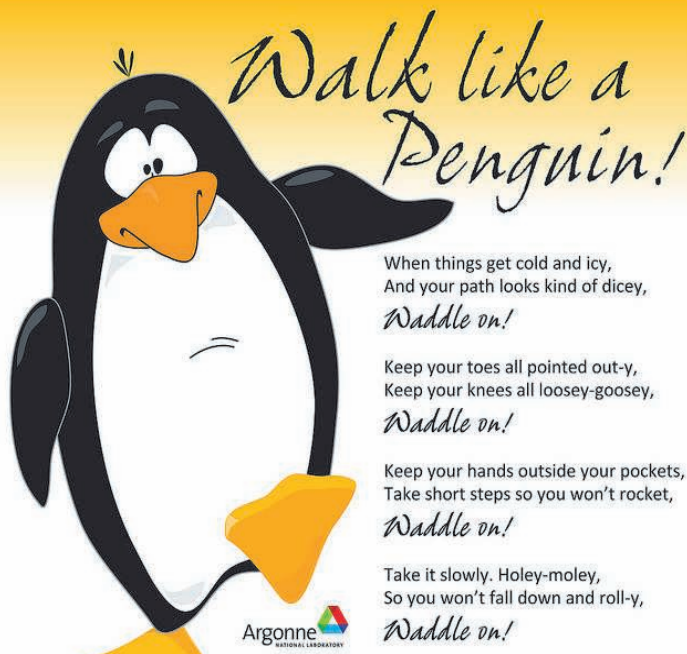
GIFT CERTIFICATES AVAILABLE!



Happy Travelers
 Exclusive Trip

Announcements/Mark Your Calendar

How to Safely Walk on Ice:



KEEP YOUR CENTER OF GRAVITY OVER YOUR FRONT LEG.

STRUGGLING TO PAY ENERGY BILLS? THERE'S HELP.

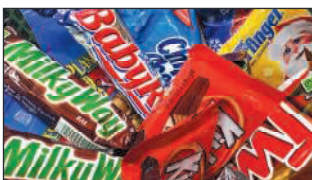
Wisconsin Home Energy Assistance Program may be able to help you with your energy bills from now through May 15. Wisconsin's Weatherization Assistance Program helps residents reduce energy costs and increase the comfort of your home by making energy-efficient improvements.



You shouldn't have to choose between paying your energy bills and other basic necessities.

Please call 866-432-8947 (toll free) for more information.

NEED CHOCOLATE? WE HAVE IT!



Next time you're craving something sweet, buy a candy bar at the front desk.

Still a great deal at only 75¢

In case of a
MEDICAL EMERGENCY
are you prepared?

Pick up a free File of Life at the Senior Center and keep all your important health information in one handy location.



FREE TAX ASSISTANCE

**NEW LOCATION THIS YEAR:
Salvation Army (Fellowship Hall)**

**Appointment scheduling
begins Monday, January 23**



Tax preparations will be held at a new location this year. They will be held at the Salvation Army of Fond du Lac, 237 N. Macy Street, Fond du Lac, WI.

Taxes will be prepared Tuesday through Thursday 8:30am to 4:00pm from January 31 to April 13.

Appointments will be taken 9:30am to 3:30pm starting on January 23 by calling 920-923-8220.

For your appointment, please bring your envelope from last year or a copy of last year's taxes. You must have a picture ID and Social Security cards for all to be listed on the return. More specific information about what to bring can be found on last year's envelope. A handout with that information will also be available in the Salvation Army office.

The program, Tax Counseling for the Elderly (TCE), is co-sponsored by the IRS and AARP. It provides free personal income tax assistance and free e-filing to low-to-moderate income taxpayers - with emphasis on those over 60.

Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the TCE program, the volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.

2017 Friends Membership Application

23

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year. We do not share your information with any outside organization.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

NAME(s) (both, if couple)	
MAILING ADDRESS (with apt #)	
CITY, STATE, ZIP	
PHONE NUMBER	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (same address)

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2017 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of our Center and is much appreciated. You will receive a 2017 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of our Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2017 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH AMT _____ CHECK AMT _____ CHECK # _____ Receipt Given _____

☐ NEW 2017 Member ☐ Renewal Receptionist Initials _____

☐ FANTASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100

☐ Received Dine Out Book for Fantastic or Fabulous membership ☐ Received Happy Travelers Info

☐ Received *Among Friends* Newsletter

January 2017 Newsletter

_____ Card File

_____ Computer



Fond du Lac Senior Center

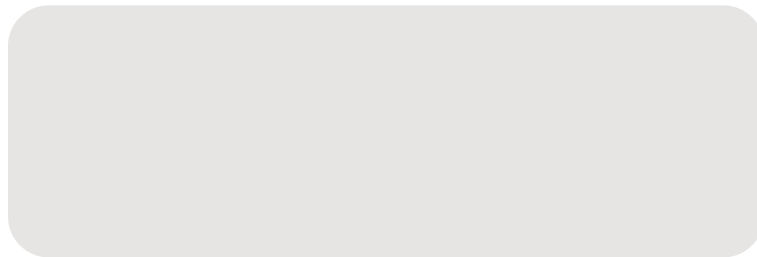
151 E. First Street
Fond du Lac, WI 54935

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ADDRESS SERVICE
REQUESTED



FOND DU LAC SENIOR CENTER 920-322-3630

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DIRECTOR

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cloomans@fdl.wi.gov

TRAVEL COORDINATOR

Mary Schneider 322-3635

TRAVEL COORDINATOR ASSISTANT

Vicki Wiesner 322-3633

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3636

PROGRAM COORDINATOR

Sarah Docter 322-3641

MARKETING/FUND COORDINATOR

Christina Thor 322-3640

OUTREACH/WELLNESS COORDINATOR

Sarah Docter 322-3641

GIFT SHOP COORDINATOR

Mary Otterstatter 322-3638

FRIENDS BOARD OF DIRECTORS

Kate Barr
Joanne Bunkelman
Robert Katzfey
Vickie Michels
John Mirenda
Charlotte Nelson
Kathy Schreiber
Wally Seibel
Judi Walters

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers

SENIOR CITIZEN ADVISORY COMMITTEE

Ruth Dauterman
Barbara Lukas, Chair
City Council Pres. Lee Ann Lorrigan
Charlotte Nelson
Ross Purcell
Dave Redman
John Silah

MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY

The Friends of the FDL Senior Center assume no responsibility for advertising contents, mistakes or omissions. Programs and events are subject to change or cancellation without notice. No partial sessions or refunds on classes.